



National Nutrient Database for Standard Reference  
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Statistics Report 35196, Lambsquarters, raw (Northern Plains Indians)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	85.23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein <sup>1</sup>	g	4.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) <sup>1</sup>	g	0.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash <sup>1</sup>	g	3.32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	6.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary <sup>1</sup>	g	6.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	366	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe <sup>1</sup>	mg	1.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <sup>1</sup>	mg	163	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <sup>1</sup>	mg	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Potassium, K <sup>1</sup>	mg	1270	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sodium, Na <sup>1</sup>	mg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn <sup>1</sup>	mg	0.72	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu <sup>1</sup>	mg	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn <sup>1</sup>	mg	1.490	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Selenium, Se <sup>1</sup>	µg	1.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin <sup>1</sup>	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin <sup>1</sup>	mg	0.790	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin B-6 <sup>1</sup>	mg	0.184	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, total <sup>1 a</sup>	µg	48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food <sup>1</sup>	µg	48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total <sup>1</sup>	mg	20.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine <sup>1</sup>	mg	331.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	µg	98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta <sup>1</sup>	µg	1171	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, alpha <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	1952	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin <sup>1</sup>	µg	3616	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) <sup>1</sup>	µg	346.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

#### Footnotes

<sup>a</sup> Includes only 5-methyltetrahydrofolate.